



Do you have questions concerning exercises and physical activities for your child?

If you are interested to learn more about how to exercise with your child or how to keep your child more physically active, we are inviting you to contact your physiotherapist.



Are you looking for a home program? If it is the case, your physiotherapist will know which exercises will be more suitable for your child according to his needs. It could be flexibility, strength, endurance, balance, or ball manipulation type of exercises. Each child has individual needs.



Would you like to keep your child more physically active? Do you want to improve his challenging gross motor skills or would you prefer to focus on his strong skills? Your physiotherapist will be able to help you identifying the strengths and challenges of your child concerning his gross motor skills. We are encouraging you to play with your child and to incorporate indoors and outdoors physical activities into your family routine. It is good for his gross motor development, great to create bonds and so fantastic to just have fun together.



As your child is developing, it would be a good experience for him to be exposed to more varied physical recreational activities in your community. It is good to develop different skills, to socialize, to be part of your community. If you need to find out more about adapted physical recreational activities offered in your community, we are inviting you to contact your physiotherapist or to consult the repertoire of activities that we have created for Summit School parents.

Your Physio team